

2024
MAY-AUGUST

FAMILY & COMMUNITY HEALTH NEWSLETTER

EDITOR'S NOTE

Welcome, dear readers, to a summer edition of our newsletter, bursting with sunshine and stories like never before!

The past quarter has been a whirlwind of activity, all focused on strengthening our community through health, wellness, and education. We held a heart conference with the help of our community partners, implemented a strengthening exercise program, and hosted a Multi-County Childcare conference for our directors and childcare providers.

This quarter promises a jam-packed schedule filled with celebrations, new skills, and personal growth! We'll be capping off our 24-week strengthening program with a well-deserved celebration for our participants' incredible achievements. As school vacations begin, we'll shift gears and host exciting sewing classes for our vibrant 4-H youth, fostering their creativity and textile talents. In between, I'll be taking off to Abilene, Texas for a valuable professional development training, and rounding out my term as TEAFCS Past President.

These were just a few of the ways we've been serving our community in the past quarter. We're incredibly grateful for the support of our partners, volunteers, and participants who make these initiatives possible. As we move forward, we remain committed to building a healthier, stronger, and brighter future for everyone in our community.

Grab your favorite iced tea and happy reading! May your summer be filled with sunshine, laughter, and endless possibilities!

-Joanne Ureste Armijo
County Extension Agent-
Family & Community Health

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SUMMER SAFETY

Summer is a time for fun, relaxation, and adventure. But with the sun shining bright and temperatures soaring, it's important to remember safety tips to ensure a healthy and enjoyable season.

Sun Safety:

- Sunscreen is your BFF: Apply broad-spectrum sunscreen with SPF 30 or higher generously and reapply every two hours, especially after swimming or sweating. Don't forget your ears, lips, and the tops of your feet! Cover up: Wear protective clothing like long sleeves, pants, hats with wide brims, and sunglasses to block harmful UV rays.
- Hydration is Key: Drink plenty of water: Even if you don't feel thirsty, stay hydrated throughout the day. Aim for eight glasses of water daily, and increase your intake during physical activity or hot weather.



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APRIL: TAKING A DEEP BREATH: IT'S NATIONAL STRESS AWARENESS MONTH!

April showers might bring May flowers, but they can also bring a downpour of stress! The impact stress has on our lives and explore healthy ways to manage it. Stress is a natural part of life. It's our body's way of responding to a challenge or threat. But when stress becomes chronic, it can wreak havoc on our physical and mental well-being. It can lead to headaches, stomachaches, sleep problems, anxiety, and even depression. Here are some tips to help you weather the storm:

- Practice relaxation techniques: Deep breathing, meditation, yoga, and progressive muscle relaxation are all powerful tools for calming your mind and body.
- Get moving: Exercise is a fantastic stress reliever. Go for a walk, hit the gym, or take a dance class. Find an activity you enjoy and get your body moving!
- Connect with loved ones: Social support is a powerful stress buffer. Lean on your friends and family for encouragement and a listening ear.
- Make time for yourself: Schedule activities that bring you joy, whether it's reading a good book, spending time in nature, or pursuing a hobby.
- Set boundaries: Don't be afraid to say no to extra commitments when you're feeling overwhelmed. It's okay to prioritize your well-being!

Remember, managing stress is an ongoing process. Experiment and find what works best for you. By taking steps to manage stress, you'll be investing in your overall health and happiness.



MAY: MENTAL HEALTH AWARENESS MONTH SUNSHINE IN YOUR MIND: TIPS FOR SUMMER MENTAL HEALTH

Summer often conjures images of sunshine, lazy days, and overflowing ice cream cones. But for some, even the sunniest season can cast a shadow on mental well-being. The shift in routine, social pressures, and scorching temperatures can trigger anxiety, stress, and low mood. Here are some mental health tips to keep your summertime bright:

Embrace Nature: Trade screen time for sunshine time. Immerse yourself in the calming effect of green spaces. A walk in the park, a jog on a coastal path, or even tending to your garden can work wonders for your mood. Nature's lullaby of rustling leaves and birdsong can soothe anxious minds and promote mindfulness.

Connect and Celebrate: Summer is a time for connection. Reach out to friends and family, organize barbecues, or join community events. Shared laughter and meaningful conversations can be a powerful mood booster. Don't forget to celebrate small victories and personal milestones, even if it's mastering a new barbecue recipe or finally conquering that summer read.

Move Your Body: Moderate physical activity can be a potent mental health tool. Whether it's a morning yoga session, a dance party in your kitchen, or a family bike ride, movement releases endorphins, natural mood elevators that combat stress and anxiety.

Prioritize Sleep: Sleep is crucial for mental well-being. Set a regular sleep schedule, even on weekends, and create a relaxing bedtime routine to wind down and ensure quality sleep. Ditch the screens, grab a good book, and let your mind drift off to the sound of crickets instead of Twitter notifications.

Remember, if you're struggling with persistent negative thoughts or overwhelming emotions, don't hesitate to reach out for professional help. Talking to a therapist can equip you with additional tools and strategies to navigate challenges and enjoy a mentally-thriving summer.

PAST PROGRAMS

JANUARY-MARCH

HEART TO HEART: A COMMUNITY COLLABORATION FOR HEALTH

In partnership with DHR, Driscoll Health, Behavioral Health Solutions, and a team of dedicated volunteers, we hosted a successful heart health conference. This vibrant event empowered our community with valuable information about heart health and connected them with essential resources offered by local agencies. A huge thank you to our community partners for their collaboration in this crucial effort to improve the health and well-being of our neighbors! We wouldn't have achieved this success without your commitment.



BUILDING STRENGTH, ONE CLASS AT A TIME

February we launch of our "Strong People, Strong Bodies" program, a dynamic initiative designed to help participants reach their fitness goals. Each class offers a fun and supportive environment where we encourage each other to grow stronger, both physically and mentally. It's been inspiring to witness the progress made by our participants, and we're excited to see their journeys continue!



MASTER CLOTHING VOLUNTEERS SHINE AT RIO GRANDE VALLEY QUILT SHOW!

The Master Clothing Volunteers (MCVs) made a splash at the recent Rio Grande Valley Quilt Show on South Padre Island! Not only did members have the opportunity to display their beautiful quilts, but several talented individuals took home awards, showcasing the incredible skills and creativity within our group. A Big Congratulations to Mrs. Sylvia Pahl, Mrs. Erica Barron, and Mrs. Lydia Pena. These remarkable MCV members placed at the show, receiving well-deserved recognition for their marvelous quilt creations. Additionally, our talented 4-H youth were recognized! Congratulations to Victoria Cook - 2nd Place, Haley de la Rosa - 3rd Place, and Astrid Ortiz - Honorable Mention. This event is a wonderful opportunity to share our passion for quilting and inspire others.



AN EXCITING OPPORTUNITY AT THE SOUTH TEXAS ALL HAZARDS CONFERENCE!

I'm thrilled to share that I recently had the opportunity to present at the South Texas All Hazards Conference! This conference brings together leaders, first responders, and emergency preparedness professionals, making it a fantastic platform to share knowledge and best practices. My presentation focused on a topic I'm incredibly passionate about: working with senior citizens during emergency management planning. Seniors often face unique challenges in emergency situations, and it's crucial to have effective strategies in place to ensure their safety and well-being. I'm confident the presentation sparked important conversations and helped equip attendees with valuable information for creating inclusive and comprehensive emergency plans.



A HEARTFELT THANK YOU TO SUPERIOR HEALTH PLAN!

I would like to express my sincere gratitude to Superior Health Plan for the incredible opportunity to share our programs with the amazing community of San Carlos! Their support allowed us to connect with so many wonderful people and make a real difference. This collaboration has been instrumental in promoting community health and well-being.



UPCOMING PROGRAMS

APRIL TO AUGUST



TEXAS A&M AGRILIFE EXTENSION | WALK ACROSS TEXAS

Walk Across Texas Kick Off

April 3, 2024

Virtual 8-week Race

Enter Your Miles to Participate in our Weekly Raffles

The poster features an illustration of three people (two men and one woman) running on a dirt path through a green landscape with trees and a blue sky with clouds.



ONLY \$30

Youth Quilting Camp

July 10-12, 2024
8:30-11:30 a.m.

TEXAS A&M AGRILIFE EXTENSION

The fee includes all necessary supplies for the workshop

Book your seat at <https://hidalgo.agrilife.org/mcv-workshops/>

Seats are limited

The poster shows a close-up of hands sewing a colorful quilt on a white sewing machine. A QR code is located in the bottom right corner.

VOLUNTEER LUNCHEON-APRIL 19, 2024
CHILDCARE CONFERENCE-APRIL 20, 2024
TEXAS COMMUNITY FUTURE FORM-APRIL 25, 2024
WALK ACROSS TEXAS MENTAL HEALTH WALK- MAY 23, 2024
STRONG PEOPLE, STRONG BODIES GRADUATION-JUNE 12, 2024



CONTACT

